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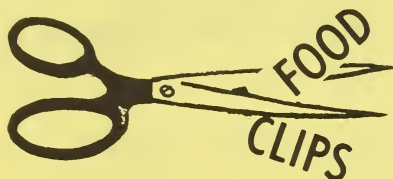
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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
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SUBJECTS — In This Issue:

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For gravy, if drippings are scant, add a bouillon cube or a little meat extract to the liquid.

* * *

If you're looking for "something different" as a flavorsome party food—try using chopped broccoli in a souffle.

* * *

Have you ever tried Yahni? It's a Greek dish of green beans, sliced onions, and canned tomatoes.

* * *

What's important in buying and cooking beef? The quality grade and the cut. Grades of beef are a guide to "how tender" most cuts will be—and how juicy and flavorful the meat will be. The cuts, like round steaks and chucks, are naturally less tender.

* * *

Need cubed avocado pieces? One avocado (about 10 ounces) should give you about $2 \frac{3}{4}$ ths of a cup. If you're using sliced bananas in a recipe, you need a pound of bananas to provide $4 \frac{1}{2}$ servings—(allows about $\frac{1}{2}$ cup per serving).

TIPS FOR HOME GARDENERS

—On Growing Crapemyrtle

Crapemyrtles—among the last shrubs to leaf out in the spring—are sometimes called the "Lilac of the South", and are known as one of the most popular summer flowering plants according to horticulturists at the U.S. Department of Agriculture.

Crapemyrtle is easily cultivated and does best in heavy loam to clay soil with a pH of 5.0 to 6.5. It may grow to a height of 30 feet while dwarf forms only attain a height of a few feet. It can be quite useful to urban gardeners because it can be planted in limited spaces where small to medium-size decorative plants are needed.

The flowers, of one to one and a half inches in diameter, are purple, pink, white, or red, and occur in many flowered terminal and lateral panicles from June to September. Pruning is done when the plant is dormant. Severe pruning will produce the longest new shoots and the largest flower trusses, but fewer in number. Crapemyrtle is comparatively free from insect problems, but mildew is one of the worst problems. The U.S. National Arboretum has developed a number of these plants, Catawba, Conestoga, and Potomac, which are tolerant to highly tolerant to mildew.

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—AND WE MAKE BREAD—

QUICK RISING BREAD*

3 cups warm water (110°F)
1 oz. active dry yeast
1/4 cup sugar
2 eggs
8 cups all-purpose flour,
unsifted
3/4 cup instant nonfat dry milk
1 2/3 tbsp. salt
1/2 cup soft butter or
shortening

Mrs. Helena O'Dell, school lunch manager, bakes home made bread for youngsters with a quick rising recipe.

THEN—



Preheat oven to 350°F.

Mix water, yeast and sugar in a large bowl and let stand while assembling other ingredients.

Mix until all ingredients are thoroughly blended. (When mixing by hand, once the dry ingredients are dampened, it may be easier to finish blending the dough with your hands. Rubbing your hands lightly with salad oil first will keep the dough from sticking to them).

Let the dough stand in the bowl five minutes. Turn out on lightly floured pastry cloth or board. Knead until dough is smooth and elastic, about five minutes.

Divide dough into three parts. Using your hands or a rolling pin, flatten each portion into a rectangle or circle. Then, fold ends into the center or roll up jelly-roll fashion shaping into a long narrow loaf. Place loaves on greased baking sheets, open ends down. Let stand in a warm place for 10 minutes.

Bake 30 to 40 minutes. Cool on a wire rack.
* Recipe from School Lunch Manager.

THE AROMA OF FRESHLY BAKED BREAD —FOR THE SCHOOL LUNCH BUNCH

Home baked bread for school lunch? Why not? It may not be the usual fare in all areas of the school lunch programs—but you'll find it in some schools. A personal touch combined with a little creativity counts a lot when it comes to getting kids to eat well—and the home baked touch is a natural.

Thousands of school food service workers daily buy, prepare, and serve food for lunch for the 25 million U.S. children in the National School Lunch Program which is operated jointly by local and state governments with the U.S. Department of Agriculture. Pleasing children's food tastes and winning them over to the lunch program is not an easy task—but it is a worthwhile challenge.

Helen O'Dell, manager of the Arcola Elementary School Cafeteria in Montgomery County, Md., held a poster contest as an interest-getter with the students. One winner, third-grader Leon Goza, made a rhyme to go with his poster, "Crunch, crunch, it's fun to munch on your school lunch." It went over—and the kids loved it. School lunch managers have long recognized that it takes a special flair to attract the attention of the youngsters towards the school lunch habit but when the youngsters participate in the action—it becomes easier.

The formula for involving the youngsters in the interest of school lunch proves it is worthwhile when you see the participation increase. The number of children in this Montgomery County school getting the complete "Type A" lunch (that meets nutritional standards set by USDA) has grown by over 20 percent since last fall.

Making homemade bread and cookies "as often as time allows" is one of the secrets for the better-fare of the school lunch. With spaghetti, a favorite of the children, Mrs. O'Dell likes to serve homemade Italian-style bread and garlic butter. Here's a family-size version that is a real time-saver and takes only 10 minutes to rise. This quick rising bread is obviously one of the school favorites.

Planning to buy —

A VACATION HOME SITE?

Take a hard look—and ask all the big questions if you're in the market for a vacation home site. Purchasing property in a vacation development can be a good investment—but it can also be a mistake if not checked out properly. Due to the demand for vacation—or second homes—the Cooperative Extension Service of Pennsylvania State University in cooperation with the U.S. Department of Agriculture is offering a pamphlet, called "Purchasing Your Vacation Home Site." It is free of charge for single copies.

Questions which you should ask range from those about the guarantees on "promised" developments of street paving, sanitary systems, to recreational facilities—to those on money back agreements guaranteed by bonding or special escrow accounts. What considerations have been given fire safety? Are roads and cul-de-sac wide enough to permit fire fighting equipment easy access? These are just for starters—you need to look at the whole package. Ask the questions before you make your decision to buy—not after the fact!

Write to the Editor of Food and Home Notes, Office of Communication, USDA, Washington, D.C. 20250 for your free pamphlet—or direct to the Recreation Specialist, Extension Section, 1 Weaver Building, Penn State University, University Park, Pa. 16802.

NEW CATALOG AVAILABLE

Are you in a quandary about how to keep up with the latest English and Spanish publications on USDA's child nutrition and family food assistance programs? Do you know who's eligible to participate—and where to get additional information? Do you know some people—individuals or organizations—who would like to volunteer to bring Child Nutrition Services to their community?

"Publications of the Food and Nutrition Service" lists 122 educational flyers, pamphlets and technical handbooks and includes a description of the contents and purpose of each publication. This catalog will help writers, editors, program participants and community organizations know what publications are currently available.

For single copies write for "publications of the Food and Nutrition Service" (FNS 11) to the Information Division, Food and Nutrition Service, U.S. Department of Agriculture, Washington, D.C. 20250.

COMMENTS & INQUIRIES TO: Shirley Wagener, Editor of Food and Home Notes, Press Service, Room 535-A, Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone (202) 447-5898.